



Candy Corn Popcorn Balls

READY IN



25 min.

SERVINGS



12

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 1 cup candy corn
- ☐ 4 cups marshmallows mini
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 6 tablespoons popcorn kernels
- ☐ 0.5 cup roasted peanuts salted
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted

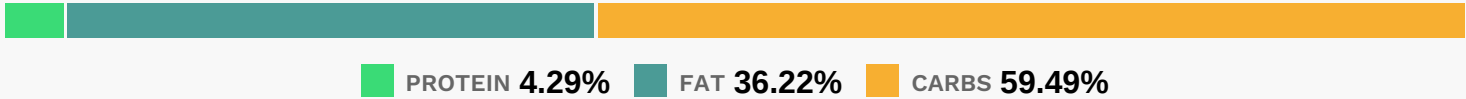
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat a large pot over medium-high heat; add the popcorn kernels and peanut oil. When the oil starts to sizzle, sprinkle the sugar over the kernels. Cover with a tight-fitting lid and shake the pot until the popping slows down, about 8 minutes.
- ☐ Remove from the heat and set aside to cool. Spray a large bowl with cooking spray and add the popcorn, candy corn and peanuts.
- ☐ Combine the marshmallows and butter in a large pot over medium-high heat. Cook, stirring, until melted and smooth, about 5 minutes.
- ☐ Pour the melted marshmallow mixture over the popcorn mixture and gently toss to coat.
- ☐ Coat your hands with cooking spray, then shape the popcorn into 3-inch balls.
- ☐ Let cool.
- ☐ Photograph by Coral Von Zumwalt

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:3.0426086861154%

Nutrients (% of daily need)

Calories: 284.42kcal (14.22%), Fat: 11.76g (18.09%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 41.64g (15.14%), Sugar: 30.1g (33.44%), Cholesterol: 10.03mg (3.34%), Sodium: 80.05mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Manganese: 0.24mg (12.07%), Fiber: 1.83g (7.31%), Magnesium: 22.95mg (5.74%), Vitamin E: 0.84mg (5.6%), Phosphorus: 55.9mg (5.59%), Vitamin B3: 1.08mg (5.42%), Copper: 0.08mg (4.03%), Folate: 14.17µg (3.54%), Vitamin B1: 0.05mg (3.43%), Zinc: 0.41mg (2.73%), Iron: 0.49mg (2.71%), Vitamin A: 116.62IU (2.33%), Vitamin B6: 0.05mg (2.25%), Potassium: 76.73mg (2.19%), Vitamin B5: 0.13mg (1.3%), Selenium: 0.84µg (1.19%)